



## **IN SEPTEMBER SOCIAL WORKERS WILL MEET WITH YOU TO DISCUSS ANY NEEDS OF THE CHILDREN IN YOUR CARE TO ADDRESS THEIR PHYSICAL HEALTH NEEDS INCLUDING DENTAL**

Please think about the children in your care. Discuss with your worker your concerns, observations and questions. Your insights and concerns are important in making appropriate plans for the children in your care.

***Your Social Worker can help; they want to hear from you!***

## **SEPTEMBER 2016**

### ***PHYSICAL/DENTAL HEALTH NEEDS FOCUS FOR HEALTH & SAFETY VISITS***

**All children and youth need their adult caregivers to be aware of their physical and dental health needs:**

- Children need routine well-child checkups and immunizations as it's important to "catch" illnesses ASAP, so proper treatment can be done early and allow medical practitioners and caregivers to ensure proper growth and development.
- Beyond regular physical check-ups and immunizations, children need other preventative health care as well; such as dental, vision and hearing checkups to ensure proper health in these areas.
- Children must be given an adequate amount of physical exercise every day in order to keep their heart health and prevent childhood obesity.
- Healthy muscles also rely on an adequate amount of physical activity.
- We want the children to be provided the best possible care to meet all their needs.



## **Tips & Resources**

**Department of Health  
has info on many  
health subjects:  
<http://www.doh.wa.gov/YouandYourFamily/Immunization/ChildProfileHealthPromotion/HealthPromotionMaterials/MaterialsbyTopic/Development>**



**Allergies or other  
medical alert needs?  
– Ask Dr. for medical  
bracelet for child**



**Sign child up for  
physical activities.  
Check  
school/community  
resources. Ask Social  
Worker**



**Poison Control #:  
1-800-222-1222**



**Keep a record of Dr.  
& Dentist visits**

**Inquire if  
health/dental  
provider has web  
health portal**